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Kathryn Cooley

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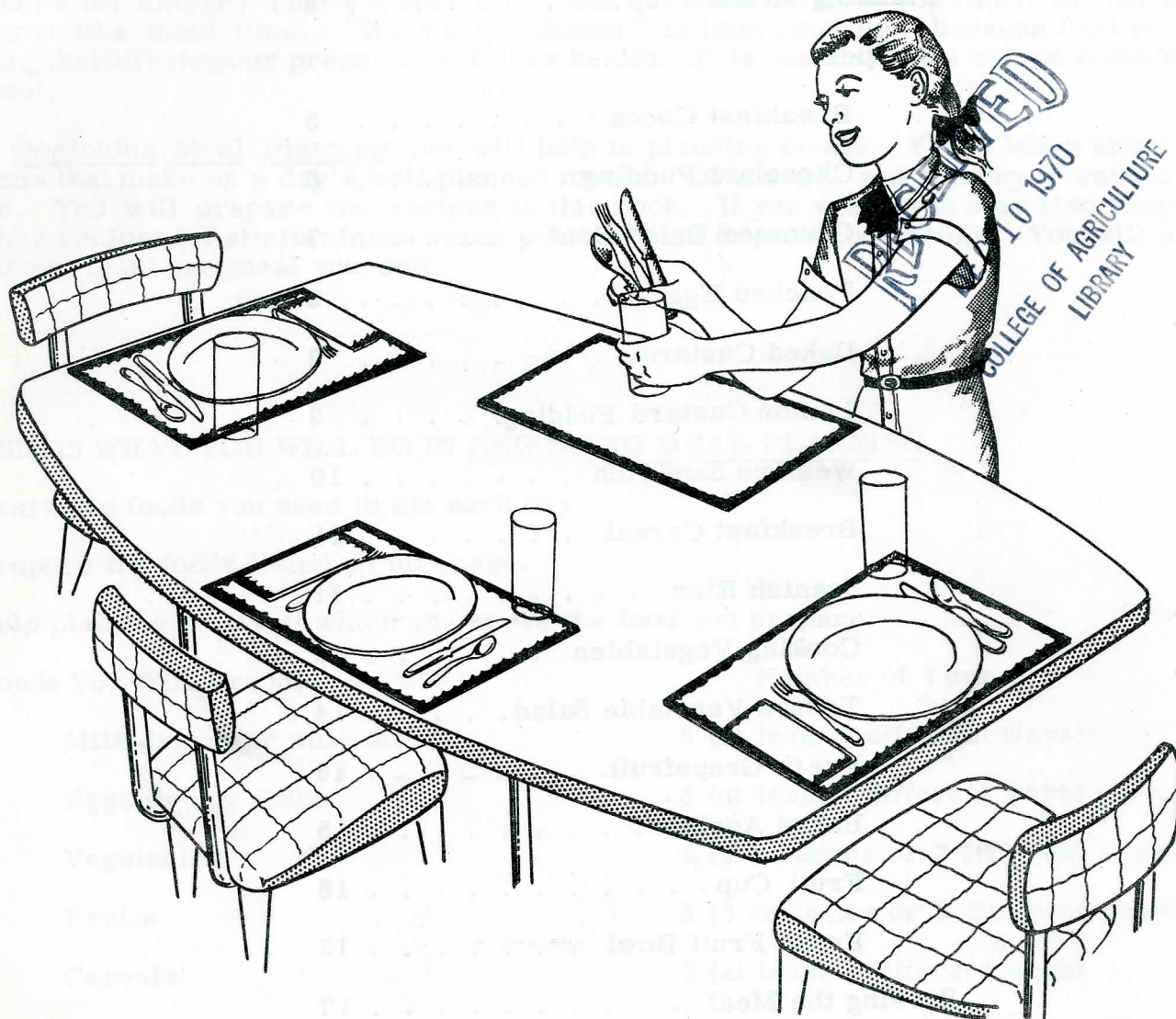
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BEGINNING MEAL PLANNING



EXTENSION SERVICE
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
AND U.S. DEPARTMENT OF AGRICULTURE
COOPERATING
W.V. LAMBERT, DIRECTOR

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MEAL PLANNING BEGINNING

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BEGINNING MEAL PLANNING

Kathryn Cooley

What's for dinner? That's a very important question. Most of you like to eat and most of you like meal time. "What's for dinner" is important too, because food is one thing that affects your present and future health. It is one thing you can do something about.

In Beginning Meal Planning you will help in planning meals. You'll learn about the foods that make up a day's well planned meals. Of course, you will try to eat them, too. You will prepare the recipes in this book. If you wish, you may also prepare other recipes for similar foods which you may find in good cook books. You will prepare at least one meal yourself.

THIS IS WHAT YOU WILL DO IN BEGINNING MEAL PLANNING

Learn the foods you need to eat each day.

Prepare the foods listed on this page.

Help plan the meals at which you serve the food you prepare.

Foods You Will Prepare

Number of Times

Milk drinks or milk dishes	5 (at least 3 different ways)
Eggs or egg dishes	5 (at least 3 different ways)
Vegetables	5 (3 varieties or 3 different ways)
Fruits	5 (3 varieties or 3 different ways)
Cereals	3 (at least 2 different ways)

In meeting these requirements, plan to try each recipe in this book at least once.

To be considered a milk dish, each serving should contain at least 1/2 cup milk.

To be considered an egg dish, each serving should have at least half an egg.

Good Morning!

Wake up to a good breakfast. You'll have a better morning if you start out with enough to eat. Don't let anyone tell you that eating a hearty breakfast is out of style. Those who know say that you do better work in school if you have a good breakfast. You'll feel full of pep, too, and have more fun.

Pity your poor body. When it's not had a bit of food for hours and hours, you try to skimp on breakfast. You need $\frac{1}{4}$ to $\frac{1}{3}$ of your day's food at breakfast time.

Custom may tell you what to eat for breakfast. Common sense tells you to be sure to eat enough. Cereal, milk, eggs, fruit, bread, butter; these are some of the foods you need that you might eat at breakfast.

Help prepare breakfast. Help make the family breakfast cheerful. Eat a good breakfast. Wake up in time to start your day right. If you trade a good breakfast for those extra minutes sleep, you'll get the worst of the bargain.

Dinner's Ready!

Your whole family is at home. It's time for dinner. Noon or evening, this is the heaviest, and usually the best meal of the day.

What you serve for dinner depends on family custom. The kind of work your family does and how old the boys and girls are make a difference in what you eat, too. The foods you need that you might choose to serve at dinner are meat, potatoes, vegetables, fruit, bread, butter, milk.

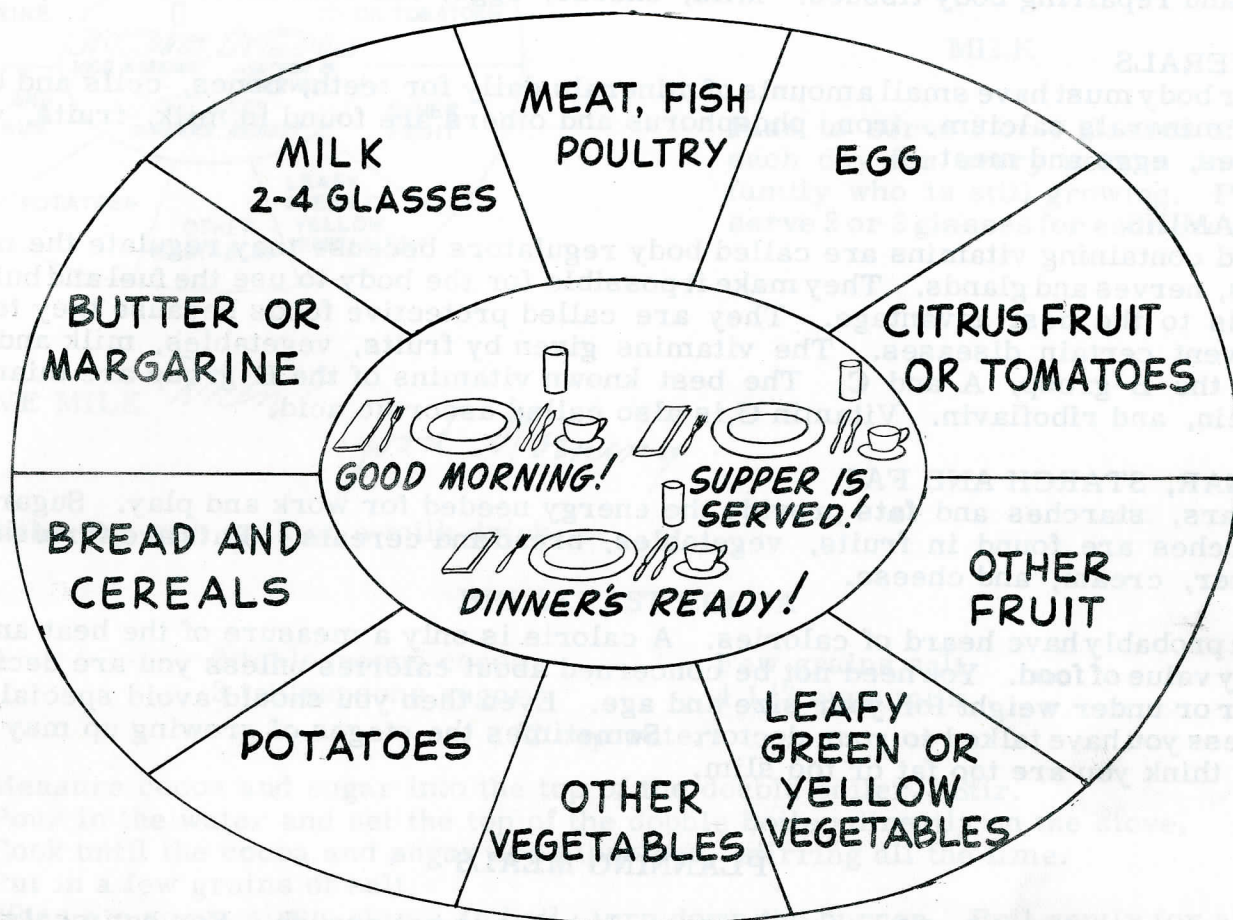
Help plan dinners for your family. Choose foods that are tasty and economical. Make dinners attractive and pleasant.

Supper is Served!

Supper may be a simpler meal than dinner. Perhaps you eat your simplest meal at noon and call it lunch.

Plan food for supper that you have not had at breakfast or dinner. From the foods you need each day you might select eggs or meat, vegetables, fruit, bread, butter and milk for supper.

Help plan your family supper. Help prepare and serve the food. Make supper time a happy affair.



FOOD GUIDE

What you eat --you are. Everything about you comes from the food you eat. The right food helps you to be at your best in health and vitality. The way you grow, your ability to work and play, and even the way you look are influenced by what you eat.

Planning meals so that you and your family are well fed can be easy. All you need to do is to include a variety of good foods each day. If you follow a food guide, such as the one at the top of the page, you are getting the food that scientists now believe you need.

You may have heard about some of the chemical substances needed by your body. Protein, vitamins and minerals are some of these. You get these from the food you eat.

PROTEIN

Some foods are called body builders because they furnish the proteins needed for building and repairing body tissues. Milk, cheese, eggs, and lean meat all have protein.

MINERALS

Your body must have small amounts of minerals daily for teeth, bones, cells and blood. The minerals calcium, iron, phosphorus and others are found in milk, fruits, vegetables, eggs and meat.

VITAMINS

Food containing vitamins are called body regulators because they regulate the muscles, nerves and glands. They make it possible for the body to use the fuel and building foods to the best advantage. They are called protective foods because they tend to prevent certain diseases. The vitamins given by fruits, vegetables, milk and eggs are the B-group, A and C. The best known vitamins of the B-group are thiamine, niacin, and riboflavin. Vitamin C is also called ascorbic acid.

SUGAR, STARCH AND FAT

Sugars, starches and fats provide the energy needed for work and play. Sugars and starches are found in fruits, vegetables, bread and cereals. Fats are furnished by butter, cream, and cheese.

You probably have heard of calories. A calorie is only a measure of the heat and energy value of food. You need not be concerned about calories unless you are decidedly over or under weight for your size and age. Even then you should avoid special diets unless you have talked to your doctor. Sometimes the stages of growing up may make you think you are too fat or too slim.

PLANNING MEALS

Are you a good cook? Of course you are, but that is not enough. You eat meals made up of many foods, not one food by itself. Planning foods to serve together is as important as learning to cook.

Here are some suggestions that may help you in learning to plan meals.

Choose menus that are easily prepared.

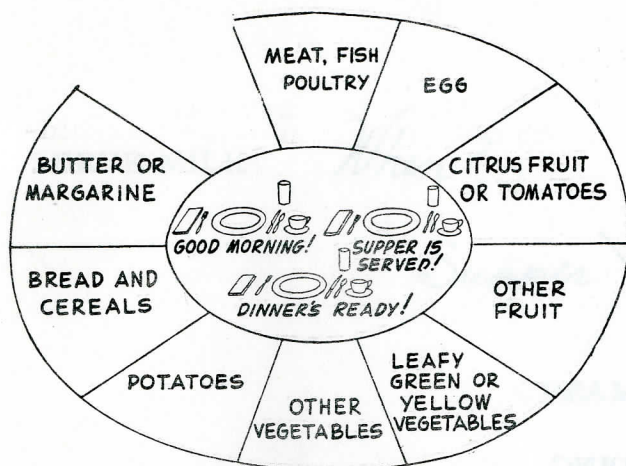
Use foods that look attractive. Have food of more than one color and shape at each meal. Imagine how dull a plate of white food, all cut in little squares, would look!

Plan foods that taste good together. Foods come in many flavors; mild, strong, sweet or sour. Use more than one. Use a variety of flavors. Choose some foods that are soft, some crisp, and some chewy for each meal.

In most meals, have some foods warm and some foods cool.

Plan meals to suit the family budget. Use home-produced and in-season foods when you can. Avoid wasting food.

Think of the whole day in meal planning. Plan each meal to fit the other meals for the day. See that all the foods on the food guide are included.



MILK

Plan to serve 3 or 4 glasses of milk each day for every person in your family who is still growing. Plan to serve 2 or 3 glasses for each grown-up.

SERVE MILK

When? Good Morning!

Start the day with milk or a milk drink.

BREAKFAST COCOA

3 tablespoons cocoa
3 tablespoons sugar

Few grains salt
4 1/2 cups milk

1/2 cup water

1. Measure cocoa and sugar into the top of the double boiler. Stir.
2. Pour in the water and set the top of the double boiler directly on the stove.
3. Cook until the cocoa and sugar are dissolved, stirring all the time.
4. Put in a few grains of salt.
5. When the cocoa sirup starts to boil, turn down the burner. Boil gently for about 10 minutes, stirring occasionally.
6. Pour the milk into the cocoa sirup. Stir well.
7. Place the top of the double boiler over hot water and heat until the cocoa is hot enough to serve.
8. Just before serving, beat the cocoa with an egg beater.
9. This recipe makes 6 cups of cocoa.

If You Wish... Make other milk drinks you and your family enjoy.

Did You Know? A good cup of cocoa has a mild chocolate flavor, a light brown color, a consistency of light cream, a uniform, well-blended body and no sediment.

SERVE MILK

Why?

Milk is one of the best foods you can give your body. The milk you use may be skim milk, whole milk, evaporated milk or non-fat dry milk.

Milk contains more calcium for building your bones than any other food. It is a good protein food and helps to build and repair your muscles. Whole milk contains some of all the known vitamins and is a good source of riboflavin.

Cheese, a milk product, can sometimes be used in place of milk.

SERVE MILK

When?

Dinner's Ready!

BUTTERSCOTCH PUDDING

3 cups milk
3/4 cup brown sugar
5 tablespoons cornstarch

1/8 teaspoon salt
1/2 teaspoon vanilla

1. Heat milk in top of double boiler.
2. Mix together dry ingredients.
3. Pour the hot milk into the dry ingredients, stirring constantly.
4. ~~Return the mixture~~ to the top of the double boiler and cook directly over the burner until the pudding thickens. Stir constantly.
5. Place over the bottom of the double boiler, and cook over hot water for 20 to 25 minutes, or cook over low heat 15 minutes.
6. Add flavoring. Stir the pudding several times as it cools to make it smooth and creamy.
7. Chill and serve with milk or cream.
8. This recipe makes 6 servings.

Did You Know? A good butterscotch pudding has a well-blended flavor and a smooth consistency.

If You Wish..... You may use 7 tablespoons flour in place of the cornstarch to thicken this pudding.

SERVE MILK

How?

Most of the milk you need you will drink, but some of it you will eat in food. Here are some things you will find helpful when cooking with milk:

You will usually heat milk in a double boiler.

If you do not use a double boiler, keep the burner low.

Stir milk or milk mixtures while they are cooking.

Scalded milk is milk that is heated. Milk is scalded when bubbles show around the edge of the pan, and a light scum forms on top of the milk. Do not let the milk boil.

Scorched milk is milk that has burned. It has an unpleasant odor and flavor.

SERVE MILK

When?

Supper is Served!

CREAMED DRIED BEEF

6 tablespoons butter
1/4 to 1/2 pound dried beef
6 tablespoons flour

1/4 teaspoon pepper
3 cups milk
6 slices toast

1. Cut or tear dried beef into pieces.
2. Melt the butter and add the dried beef. Cook over low heat in a heavy pan, stirring occasionally, until the beef begins to curl around the edges.
3. Add flour and pepper and stir until blended.
4. Add milk and cook until thickened, stirring constantly. Continue cooking over hot water or very low heat for about 15 minutes.
5. Serve hot over toast.
6. This recipe makes 6 servings.

Did You Know? Creamed dried beef has a rich well-seasoned flavor, a smooth texture and a pouring consistency. It is **served** piping hot.

If You Wish.... You may make creamed salmon, hard-cooked eggs, or ham.
Use: 6 hard-cooked eggs or
2 cups canned salmon
Add the salmon or eggs after adding the flour and milk.
Put in 1 teaspoon salt.

The mixture of butter, flour and milk you have made is called a white sauce. You can use it in other dishes.

SERVE MILK

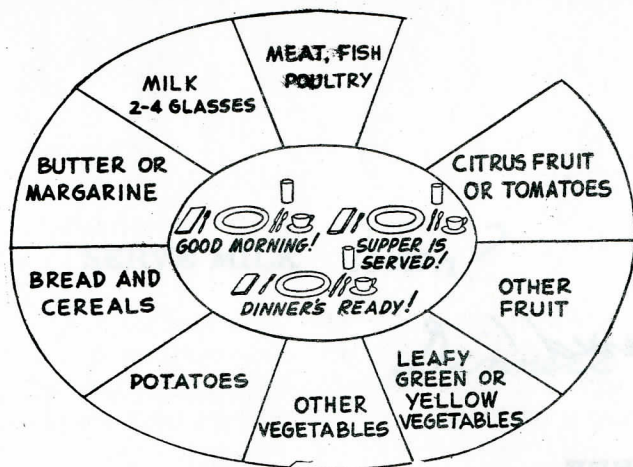
How?

Many recipes using milk also use flour or cornstarch. Here are some things you need to know about cooking with flour or other starch.

To mix flour with hot milk and have a smooth pudding or sauce you can do one of these:

Mix the flour first with sugar.
Mix the flour with a little cold milk.
Mix the flour with butter or other fat.

Always be sure to stir the milk mixture while it is cooking.



EGGS

Plan to serve 1 egg a day for each member of your family, or at least 4 eggs for each person each week.

SERVE EGGS

When?

Good Morning!

An egg for breakfast is a good habit.

POACHED EGGS

1. Fill a shallow pan about two-thirds full of boiling water. Add 1/2 teaspoon salt for each pint of water.
2. Break each egg separately into a saucer; slip into the water.
3. Cover pan and remove from heat. Let stand until egg is firm as you want it. (about 5 minutes)
4. Lift eggs from water carefully with a slotted spoon or turner; salt and pepper to taste.
5. Place on piece of toast and serve at once.

If You Wish... Add 1/2 teaspoon vinegar to each pint of water. It will make the egg white look whiter and will not change the taste.

Poach eggs in an egg poacher.

Poach eggs in milk. Serve the milk poured over the toast.

Did You Know? A well-cooked poached egg has a pearly white appearance, an unbroken yolk, a tender texture, a good serving temperature and a fresh, well seasoned flavor.

SERVE EGGS

When?

Dinner's Ready!

BAKED CUSTARD

3 or 4 eggs
6 tablespoons sugar
3 cups milk

1/8 teaspoon salt
1 teaspoon vanilla
Nutmeg

1. Scald the milk.
2. Beat eggs slightly, just blending the yolk and white. Add sugar.
3. Add scalded milk gradually to egg and sugar mixture, stirring constantly.
4. Add salt and vanilla. Pour custard through a strainer.
5. Dip custard into custard cups of baking dish. Sprinkle nutmeg over custard if desired.
6. Set custard cup in a pan of hot water with the water up as high as the custard mixture within the custard cup.
7. Bake at 350°F. (moderate) for 35 minutes or until done. When the custard is done, a silver knife inserted in the center comes out clean.
8. This recipe fills 6 medium, or 8 small custard cups, or a quart size baking dish.

Did You Know? A good baked custard has a firm shape; smooth, tender texture, a rich creamy consistency and an excellent flavor.

LEMON CUSTARD PUDDING

1 cup sugar	5 tablespoons lemon juice
1/4 cup flour	grated rind of 1 lemon
1/8 teaspoon salt	3 eggs (separated)
2 tablespoons butter or margarine	1 1/2 cup milk

1. Mix sugar, flour and salt.
2. Cream the butter until soft. Add the sugar mixture, lemon juice and rind; blend well.
3. Beat egg yolks until foamy. Add milk and lemon juice.
4. Beat egg whites until stiff, but not dry.
5. Fold egg whites into egg yolk mixture.
6. Dip or pour into buttered custard cups, and set cups in a pan of hot water.
7. Bake at 350°F. (moderate) for 45 minutes or until done.
8. This recipe fills 6 medium or 8 small custard cups, or a quart sized baking dish.

Did You Know? A good lemon custard pudding has a cake-like consistency on the top and a custard-like consistency on the bottom. It has a mild lemon flavor.

SERVE EGGS

How?

To Separate An Egg Strike the egg with a sharp knife. Strike hard enough to break the shell, but not to break the egg yolk. Gently pull the shell apart with your fingers. Hold the part that contains the yolk steady and drain the white part from the other half. Carefully pour the yolk into the empty half and let the white drain out. Keep transferring the yolk from shell to shell until the white drains away. Separate the egg into two custard cups or small bowls. When you are sure you have no egg yolk in with the whites, put them into a big bowl for beating.

If You Wish... Break each egg carefully into an egg separator. The whites drain away from the yolks.

To Beat Egg Whites Beat with a rotary beater or electric mixer. Egg whites are stiff when the cells are all white and the egg will flow in a solid sheet when the mixing bowl is tipped.

To Fold In Egg Whites Pile the egg whites on top of the other mixture. With a big spoon cut down into the center of the egg whites and pull the spoon across the bottom of the bowl. Bring it up to the surface with a spoonful of the mixture and roll it over onto the egg whites. Continue until all the egg whites are folded in. Work lightly so you won't stir out the air.

To Prepare Lemon Juice and Rind First grate the lemon rind. Use a medium grater. Do not try to get too much rind, as only the outside yellow part has a good flavor. Then cut the lemon in half, and squeeze out juice with a lemon squeezer. One medium lemon will be enough for this recipe.

SERVE EGGS *When?*

Supper is Served!

WESTERN SANDWICH

6 eggs	1 teaspoon grated onion
1 1/2 cup chopped bologna	3 tablespoons chopped green pepper
1 1/2 teaspoon salt	2 tablespoons butter or margarine
1 tablespoon horseradish	12 slices bread

1. Beat the eggs until the yolks and whites are blended.
2. Combine the bologna, salt, horseradish, grated onion, and chopped pepper with the beaten eggs.
3. Melt the butter in a pan and pour the mixture into it.
4. Cook over low heat, stirring slowly, until the eggs are cooked but still moist.
5. Spread the mixture on 6 slices of the bread and top with the other slices of bread. Cut the sandwiches. Serve while hot.

Did You Know? Well-cooked eggs for your Western Sandwich should have a well cooked, but slightly moist and tender texture throughout, a well-seasoned flavor and a good serving temperature.

SERVE EGGS *How?*

How To Cook Eggs. Always cook eggs at a low temperature so the eggs will be tender and easy to digest. This means to:

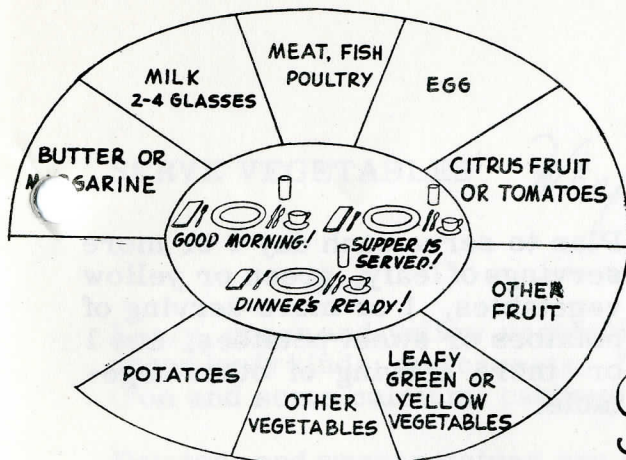
Cook eggs in water just below the boiling point.
Cook eggs in a low to moderate oven.
Cook eggs over low to medium hot burner.
Cook eggs until just done.

How To Store Eggs Keep eggs in the refrigerator or other cold place. Keep eggs clean. Wipe off soiled spots with a damp cloth if needed. Don't wash eggs until just before you use them.

SERVE EGGS *Why?*

Eggs are a valuable food. Like milk, they supply many of the food substances your body needs each day.

From eggs you get protein for building and repairing body tissues. In eggs are found three of the B vitamins, thiamine, riboflavin, and niacin plus vitamins A and D to protect health. Iron for red blood cells, phosphorus and other minerals needed by the body are furnished by eggs.



CEREAL

Plan to serve whole-grain or enriched bread or cereal each day.

Good Morning!

SERVE CEREAL *When?* BREAKFAST CEREAL

Follow the directions on the package or use these general directions;

- | | |
|---|------------------|
| 2 cups flaked cereal (rolled oats, flaked wheat) or | 4 cups water |
| 1 cup whole cereal (rice, cracked wheat) or | 2 teaspoons salt |
| 2/3 cup granular cereal (cornmeal, farina) | |

1. Bring salt and water to a boil
2. Sprinkle cereal gradually into boiling water. Some very finely ground cereals need to be mixed with cold water first to remove lumps. Stir only occasionally so cereal will not become pasty.
3. Boil gently 3 to 5 minutes. If cereal is not a quick cooking variety, cover pan and place over boiling water until finished cooking.

Did You Know? A well-cooked cereal has a nut-like flavor, a uniform texture, a consistency just thick enough to hold its shape when taken up by a spoon.

SERVE CEREAL

When? Supper is Served!

SPANISH RICE

- | | |
|---------------------|----------------------|
| 6 slices bacon | 3 cups canned tomato |
| 1 cup rice | 1 teaspoon salt |
| 1 cup chopped onion | 2 teaspoons paprika |

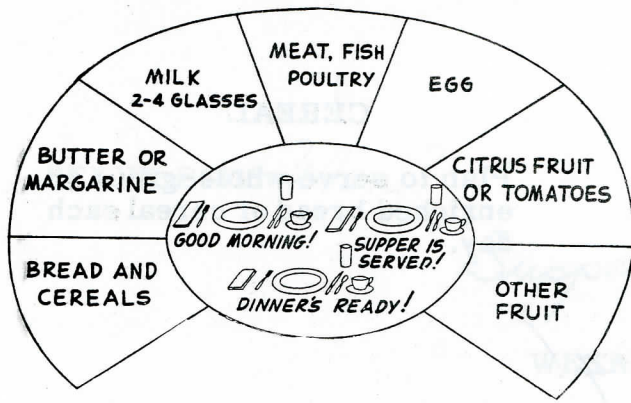
1. Cut the bacon into pieces and cook until **brown**.
2. Remove the bacon and brown the rice slightly in the bacon fat, stirring as it browns.
3. Stir in the onions and cook until they are clear.
4. Add the bacon, tomato, salt and paprika.
5. Cover and bring to a boil. Turn heat to low, or put rice in double boiler and cook for 45 minutes or until rice is done.
6. Stir occasionally. Add more water or tomato if needed.
7. This recipe makes 6 servings.

Did You Know? Good rice has perfect, whole grains, distinct and separate, a full flavored taste, a fluffy appearance, and a volume of three or four times the uncooked amount.

SERVE CEREAL

Why?

Cereals and breads belong to the group of foods which furnish energy for your body. Whole-grain or enriched cereals and breads provide needed minerals and vitamins. Plan to serve cooked cereals often. You get much more food value for your money than from prepared cereals.



Plan to serve each day 1 or more servings of leafy, green or yellow vegetables, 1 or more serving of potatoes or sweet potatoes, and 1 or more serving of other vegetable.

SERVE VEGETABLES *When?*

Dinner's Ready!

COOKING VEGETABLES

1. Start vegetables in boiling salted water. Use the smallest amount of water possible.
2. Cover tightly. Bring vegetables to a boil quickly. Turn down heat. Simmer.
3. Cook vegetables until just tender. Season and serve at once.

Time Table

FRESH			FROZEN		
Vegetable	Minutes	Your Time	Minutes	Your Time	
Beans, green	20 50	_____	8 20	_____	
Beets (new)	40 150	_____	8	_____	
Cabbage	6 15	_____			
Carrots (new)	20 40	_____	5 10	_____	
Chard	20 22	_____			
Corn	10	_____	1 3	_____	
Onion	20 55	_____			
Parsnips	25 38	_____			
Peas	15 30	_____	5 7	_____	
Potatoes	25 45	_____			
Rutabagas	25 38	_____			
Spinach	10 12	_____	4 7	_____	
Sweet potatoes	15 30	_____			
Turnips	20 30	_____			

Did You Know? Well-cooked vegetables have a tender crisp texture, a natural flavor, and as near the color, shape and food value of the uncooked vegetable as possible.

SERVE VEGETABLES

Why?

Leafy, green and yellow vegetables are rich in vitamin A value, especially the dark-green leafy kinds, and carrots. They also provide worth-while amounts of riboflavin, iron and some calcium; cabbage and greens have some vitamin C.

Potatoes and sweet potatoes are also good foods. Sweet potatoes furnish some vitamin A value and vitamin C, and white potatoes furnish a small amount of vitamin C. Other vegetables also help with vitamins and minerals.

SERVE VEGETABLES

How?

To Choose and Store - Select fresh, tender young vegetables. Wash vegetables carefully. Store most vegetables in the refrigerator. Use as soon after gathering as possible.

To Prepare - Scrape or peel vegetables as thin as possible, or cook vegetables without peeling.

To Cook - Most vegetables can be cooked in a small amount of water in a tightly covered pan. If you do not have a pan with a tight fitting lid, use a pie pan for a cover. Unless all the water evaporates, plan to use the liquid in which the vegetables were cooked for gravy or other food.

Learn to eat vegetables cooked tender crisp, not mushy.

All Rules Have Exceptions - Green vegetables that are cooked a long time in a covered pan may become brown and unattractive. Use more water and no lid for green vegetables which cook longer than 10 or 12 minutes.

To Time Vegetable Cooking - Learn how long it takes to cook vegetables. The time will vary according to how old the vegetable is, how large it is, and where you live.

Cooks in Eastern Nebraska will find the shorter time more nearly correct.

Cooks in Western Nebraska will need a longer time. Make your own time table when you find out how long it takes for you to cook each vegetable.

SERVE VEGETABLES

How?

To Serve Some Buttered - Drain off any liquid which remains on the vegetable. Add butter and let it melt. Season with salt and pepper. Most people like about a tablespoon of butter for each cup of vegetable.

To Serve Some Creamed - Cream, thickened cream, or a white sauce can be poured over the drained vegetable. The amounts to use for each cup of vegetable would be about 1 tablespoon of flour and 1/2 cup cream, or 1 tablespoon flour, 1 tablespoon butter, and 1/2 cup milk.

SERVE VEGETABLES

When?

Supper is Served!

Serve some raw.

TOSSED VEGETABLE SALAD

1 small head lettuce
2 tomatoes
1 medium onion

1/2 green pepper
3 stalks celery
1/2 cup french dressing

1. Wash vegetable.
2. Break lettuce into pieces.
3. Cut tomatoes into eighths. Slice onions and separate into rings, or cut onions into bite-sized pieces. Chop green pepper and celery.
4. Place all vegetables into a bowl. Just before serving pour dressing over salad. Toss with two forks or a spoon and fork until each piece is coated with dressing.
5. Serve in bowl or on individual plates.

SALAD RECIPES NEED NOT BE FOLLOWED EXACTLY

If You Wish... Use other vegetables in addition to, or in place of those in the recipe. Try radishes, carrots, raw spinach, cabbage, watercress or leaf lettuce.

Add cheese, cooked chicken or ham cut into small pieces.

Use other types of salad dressing.

Did You Know? A good salad is thoroughly chilled, has drained ingredients, an appetizing and attractive appearance, a suitable dressing that contributes to its flavor.

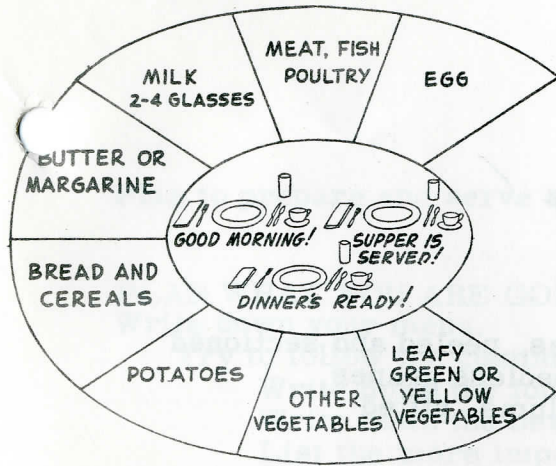
SERVE VEGETABLES

How?

To Prepare Vegetables for Salad Wash and drain leafy vegetables. Keep chilled until just before using. Cut vegetables such as carrots in large enough pieces to be recognized.

To Toss a Salad Toss, do not stir, the salad. Tossing means to lift the vegetables toward the center of the bowl. Stop tossing as soon as the salad is mixed. Too much handling makes the salad limp and "tired". Serve at once.

Remember, good salads are crisp, cold, and colorful.



FRUIT

Plan to serve 1 serving of citrus fruit or tomatoes each day, plus one other serving of fruit.

SERVE FRUIT

When?

Good Morning!
FRESH GRAPEFRUIT

1. Wash the grapefruit and dry it on a clean towel.
2. Cut the fruit in half crosswise and remove the seeds.
3. To make the grapefruit easier to eat, run a knife around each section. Loosen the pulp from the membrane which separates the sections. Do not cut the membrane. (A curved grapefruit knife makes it easier to loosen the sections.)
4. Serve each half on a small plate.

Did You Know? Well-prepared fresh grapefruit looks attractive and is easy to eat.

BAKED APPLES

6 apples

6 to 12 tablespoons sugar

1 cup water (about)

Cinnamon or nutmeg

1. Wash apples and remove the core with an apple corer.
2. Place apples in a baking dish and put 1 to 2 tablespoons sugar in each apple. Sprinkle apples with cinnamon or nutmeg.
3. Pour the water into the baking dish. It should be enough to cover the bottom.
4. Bake at 350°F. (moderate) for about 40 minutes or until the apples are soft.
5. Serve with cream.

Did You Know? A well-baked apple has a firm, compact appearance, a soft, not mushy interior and a pleasing combination of tart and sweet flavors.

SERVE FRUIT

Why?

You need a serving of citrus fruit or tomatoes each day. These foods contain a vitamin called ascorbic acid. This vitamin is not present in many foods. Ascorbic acid helps keep your gums and blood vessels healthy, prevents sore joints, and helps keep up your resistance to infectious diseases. Other fruits also contain vitamins or minerals.

To be considered a serving of citrus fruit, one-half cup orange or grapefruit juice or 1 cup tomato juice is needed. One half a fresh grapefruit or one small orange counts as one serving.

SERVE FRUIT

When?

Dinner's Ready!

FRUIT CUP

2 bananas
1/4 cup pineapple juice
3 slices pineapple

2 oranges, peeled and sectioned
1 cup seedless grapes
4 blue plums, pitted

1. Wash all fruit.
2. Peel bananas and dip in pineapple juice so they will not turn brown.
3. Cut all fruit in attractive sized pieces.
4. Mix lightly together.
5. Serve as an appetizer (before the meal), as a salad, or a dessert.

FRUIT CUP RECIPES NEED NOT BE FOLLOWED EXACTLY

If You Wish... Use any fresh, canned, or frozen fruit. You might try apples, apricots, Bing cherries, grapefruit, peaches, pears, raspberries, strawberries, or white cherries.

Use orange juice, lemon juice, or ginger ale instead of pineapple juice.

Toss the fruits lightly together with salad dressing or whipped cream. Mix fruits with fruit-flavored gelatin. Buy the flavor you wish and follow the directions on the package.

Did You Know? A good fruit cup is cold, colorful, with a combination of some mild and some tart fruits, some tender and some crisp fruits.

SERVE FRUIT

When?

Supper is Served!

FRESH FRUIT BOWL

Fruit to look at--and eat.

1. Select attractive fresh fruit.
2. Choose a shallow bowl or tray.
3. Arrange washed fruit on the tray.
4. Decorate with a few green leaves if you wish. Grape leaves, twigs of peach, or sprigs of evergreen are some you might use.
5. Use the bowl to decorate the table, and pass for dessert or refreshments.

If You Wish... Collect pictures of fruit bowls from magazines. You will get ideas for making your own.

Did You Know? An attractive fresh fruit bowl is simple, colorful and easy to serve.

SERVING THE MEAL

Plan to prepare and serve at least one breakfast, lunch or supper for your family.

PLAN WHAT YOU ARE GOING TO SERVE FOR YOUR MEAL.

Write down your menu.

Try to follow the customs in menu writing.

Write down the foods in the order in which you serve them.

Write down the beverage last.

List the more important foods at the left, and the accompaniment at the right if there is one.

Use capital letters when you write the names of foods.

PLAN WHAT YOU NEED TO BUY.

Collect the recipes you will use. Don't try too many new recipes at one time.

Use some you know you can make well.

Check the supplies you have on hand.

Make a list of anything you need to buy.

PLAN YOUR TIME.

Plan a work schedule at the time you make out your menu.

Prepare some of the food ahead of time if possible.

Decide when you need to have your meal ready.

Ask yourself what food will take the longest to prepare.

Figure at what time you will need to start this food.

List what will need to be done next, then after that, until all the foods are ready.

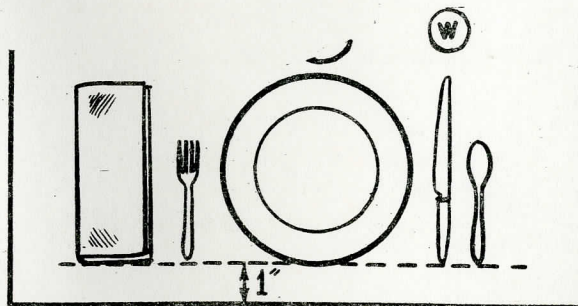
PLAN TO SERVE YOUR MEAL AS NICELY AS POSSIBLE.

Set the table attractively.

Use an easy and handy type of service which suits your family.

Be calm and pleasant during the meal.

PLAN TO LEAVE THE KITCHEN AND DINING ROOM NEAT AND CLEAN.



BE NEAT AND CONSISTENT IN SETTING THE TABLE. HERE IS ONE GOOD WAY.